



Business Meeting: Minutes

Date	Friday 10 th November 2017, 10:00am – 11:30am
Attendees	Yvonne Hemmings, Philip McGarry, Liz Robinson, Julia Fox-Clinch, Matthias Schwannauer, Fiona Duffy, Marie Wardle, Louise Deacon, Bob Pritchard, Anna Harnedy, Lorraine Manley, Tina Garamszegi, Fiona Duffy, Zee Cassam, Kate Halliday, Paula May, Zoe Thistlewood, Debbie Whight, Nicola Brewin, Barbara Thompson
Chair	Roslyn Law
Minutes	Jess Alton

1. Minutes from last meeting

These were approved.

2. Presentations/Feedback from Executive Committee

(a) Training Committee (LD)

LD provided the main points from the prior Training Committee meeting:

A complaints procedure and code of conduct has been created for IPT UK, which will be distributed and disseminated to members in due course.

A trainer competencies form has been developed; one for co-trainers and one for sole trainers. LD informed those present that there is quite a large number of people looking to set up new courses, which will add to the geographical spread of IPT training across the UK. Existing training teams are also expanding.

RL and YH have developed a CPD requirements document. This will consist of a half-day taught session per year, which will contribute to the 20 hours required in total per year (including supervision). Completing CPD is part of the reaccreditation requirements.

The Training Committee have agreed that supervisors should allow a period of one month’s grace when trainee practitioners are completing their training (i.e. they do not need to request an extension to their deadline if this is less than one month).

IPT Scotland will be merging with IPT UK, and we are in the process of making this one central body.

RL has put forward a robust response to the NICE guidelines. LD and the rest of the Training Committee acknowledged the hard work put in by RL, as well as YH and MS, in preparing this response.

We plan to review supervisor trainings; RL will put forward her proposal in due course.

LD’s goals for the next six months as Training Committee Chair:

- Document/develop the process for monitoring compliance of training organisations with IPT UK requirements
- Address issue of heterogeneity in the way the IPT model is applied, trained and the audios are rated

Please see LD’s presentation in relation to her goals on the IPT UK website.

(b) IAPT (RL)

RL informed those present that she has been re-elected as the lead for IAPT.

In relation to the progress on her goals from the previous six months, and actions to take forward:

- Create an IAPT section on the IPT UK website

Up-to-date information is available to all on the IPT UK website. All of the updated IAPT paperwork for IPT and IPT-A is now available to all members to download [here](#): the Reflective Therapy Report, Form 3 (by focal area), and Form 4.

IAPT reports are also now available, with guidance documents to follow in due course.

- Create a shared document to track workforce development across IAPT training providers

This will be made into a Google Document to be submitted electronically.

- Survey of IAPT supervision

This will provide details of training supervision, post-qualification supervision, and quality assurance. The feedback will be shared across all training providers.

- Initiate accreditation process for CYP IAPT training courses

RL informed those present that the BPS have decided to withdraw their interest (see agenda point 4 for more details).

Please see RL's presentation in relation to her goals on the IPT UK website.

(c) Treasurer (LR)

LR presented those present with an overview of the IPT UK accounts, including the income generated through member fees (Basic Members, Member Plus, and Training Institutions), from both new members and renewals.

For next year's meeting, LR will look into the numbers of members who have decided not to renew their membership and why.

Training Institutions will all receive an invoice to pay their fees, rather than paying online, on the same date each year.

Action: JA to organise when Training Institutions should be due their renewal fees

LR raised whether IPT UK requires additional administrative support, and that there are the funds to cover this.

LR raised hosting a biennial IPT UK event, to take place next year (in the alternative year to the ISIPT conference).

LR suggested changing the password for the website Members' Area each year, and that an email update should be sent to those who are on the register at that time.

Action: JA to organise a new password for the Members' Area, and to circulate this to current, paid members

Please see LR's presentation in relation to her goals on the IPT UK website.

(d) Research (MS)

MS informed those present that there is now a national database, through IAPT and CAMHS initiatives, which can provide us with IPT-related outcome data. As a network, he encouraged members to make use of this database and to approach these bodies going forward.

MS asked the IPT UK regional reps to identify themselves and their colleagues as having local IPT research roles on two levels: in terms of formal research; and in using routine data which is already systematically collected and which could be pooled nationally.

MS said that a key next step would be to develop the Research section of the IPT UK website, to give people access to local research contacts, to provide news and data frameworks, and to use as a platform to promote research. This would allow smaller services to hook up with others as a larger network, which would allow for comparison.

MS suggested that we host a methodologically-based research slot as one of the IPT UK educational seminars in future.

Please see MS's presentation in relation to his goals on the IPT UK website.

(e) Deputy Chair (YH)

YH informed those present that her current goals have been:

- clarifying the role of Chair in advance of taking over the role from RL in March 2018
- working on improving IPT UK's communications alongside BP
- working towards increased professionalisation of IPT UK

In relation to her first goal, YH clarified that the Deputy Chair is responsible for supporting specific projects (e.g. NICE guidelines), as well as liaison with regional reps.

In relation to her second goal, YH said that the response rate of the previous survey in relation to communications was only 14%. She and BP have drafted a second survey to be sent out in the coming weeks to ask members about potential changes to the format of IPT UK's national meetings, in response to previous feedback that meetings were too London-centric.

Action: JA to highlight the survey on forthcoming newsletter

Action: YH to contact regional leads to prompt their local members to respond

Further to her second goal, YH informed members that she and BP have also been thinking of alternative means to connect with members (e.g. Twitter), and are thinking about how members would want to hear from IPT UK.

In relation to her third goal YH said that she, with the Executive Committee, will be revisiting our accreditation options following the BPS feedback (see Agenda Point 4); and that the Training Committee are working on how we ask members to maintain their accreditation standards.

Please see YH's presentation in relation to her goals on the IPT UK website.

(f) Communications (BP)

BP invited regional leads to join the Communications Working Party; those interested should contact him via email (bob.pritchard@annafreud.org); current members are BP, YH, and JA.

Action: RL to email regional leads asking for volunteers to join the Communications Working Party

Please see BP's presentation in relation to his goals on the IPT UK website.

(g) Membership and Website Update (JA)

JA informed those present that IPT UK has 526 members in total, and that, since May 2017, we have had 98 new members join.

We have had a series of new regional resources made available to members online, as follows:

South West: Overview of IPT for PTSD; Inclusion and Exclusion Criteria for IPT; Information about Assessment Phase for Clients; and Information for Joint Sessions

London: Various translations of the Symptoms List

Norfolk & Suffolk: Video about the Timeline for IPT-A

Surrey: Client handout of a summary of the focal areas

West Midlands: Perinatal Mental Health presentation

North West: IPT and Attachment presentation

Other new resources we have developed are as follows:

Flowchart added to the website explaining the accreditation process for newly-qualified members

Form on the website for trainees to submit training extension requests (to be updated)

New function on the website for members to submit questions for RL to take to IAPT Committee meetings (found on the IAPT page [here](#))

More frequent posting of news items which are of relevance and interest to members

Please see JA's infographic in relation to the membership data and the website on the IPT UK website.

3. NICE Guidelines

RL informed those present that the most recent decision is in relation to the guidelines for depression, but that those involved in eating disorder services will also speak on the ED guidelines.

RL said that IPT has been downgraded in the draft guidelines in terms of when it is recommended as a treatment option. In the new guidelines, for those with less severe depression (i.e. <17 on the PHQ) IPT has been relegated from a first-line to a second-line option, and for those with more severe depression (i.e. >18 on the PHQ), IPT is no longer a recommended treatment.

RL thanked all members who contributed to IPT UK's response to NICE, which was submitted on 11th September 2017. We will find out whether our response has any impact in early 2018.

DW informed those present that IPT was removed from the NICE guidelines as a recommended treatment for eating disorders in May 2017.

MS highlighted that, as an organisation, we should all think about strengthening our research evidence, as we all have a responsibility to contribute to research in some way. There have not been any recent large-scale trials looking at the use of IPT in eating disorder services.

Please see RL's slides in relation to the NICE guidelines on the IPT UK website.

4. BPS Accreditation

RL informed those present that the BPS have decided to withdraw all interest in relation to a BPS/IPT accreditation. RL has written back to the BPS asking for some clarification, but has not received a response.

RL is awaiting a response from Kevin Gwilt, (from HEE) prior to making a formal response to the BPS on behalf of IPT UK, and invited all members to email JA (contact@iptuk.net) if they wish to provide any comments to be included in this response.

5. CPD Requirements

The Training Committee have reviewed the CPD requirements for continued accreditation with IPT UK. Comments will be circulated from the Training Committee, but the requirements are that members must complete 20 hours of CPD per year (which includes supervision), as well as attendance at a half-day training event. This can be through IPT UK (e.g. regional events, national network meetings) or externally.

6. NCAAD Spotlight Audit on Psychological Therapies Steering Group (Royal College of Psychiatry; RL)

RL informed those present that she has been asked to represent IPT UK at the steering group for the NCAAD Spotlight Audit on Psychological Therapies.

7. Regional Representative Reports

Please see regional news reports on the IPT UK website.

8. Gather My Crew Resource

<https://www.youtube.com/watch?v=nK45t5riY0E&t=15s>

<https://www.gathermycrew.org/>

RL shared the Gather My Crew resource to those present (see links above for more information). It is a resource for clients to use; they can input the type of support they might need, which they can then share with chosen individuals. It is particularly helpful in times of crisis.

9. Professor Chris Freeman

<http://www.scotsman.com/news/obituaries/obituary-professor-chris-freeman-consultant-psychiatrist-1-4579925>

<https://www.iptuk.net/news.html>

RL paid tribute to Professor Chris Freeman, who sadly died on 20th August 2017.

10. Future Educational Seminars:

May 2018 – Surrey

November 2018 – South West

May 2019 – Norfolk and Suffolk

November 2019 – West Midlands

May 2020 – North East

November 2020 – Scotland

May 2021 – London

November 2021 – North West

May 2022 – Northern Ireland

November 2022 – Yorkshire and Humberside